



1-833-YU-FIRST
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August Newsletter



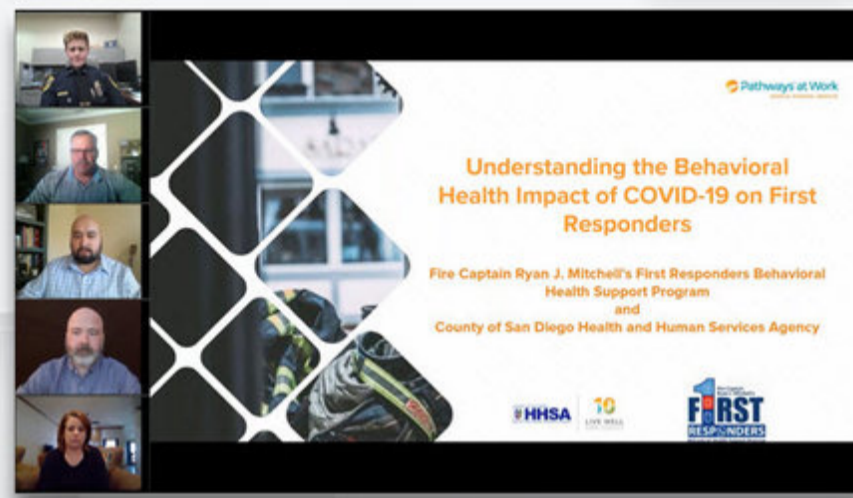
Coming Soon...

We have created an online on-demand library of courses to help First Responders and family members cope with the stressors of COVID-19. Here's a sneak peek of some videos coming next month.

Long Hours, High Stakes, Trumatic Events, Life-Threatning Situations

the stressors of the work can take a toll on first responders

Working through COVID-19 has also increased behavioral health challenges like depression and anxiety.



The Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Support Program partnered with first responders, family members, and behavioral health subject matter experts to explore these challenges and identify solutions.



Free Training within the First Responder Community

Mental Health is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health.

Our staff provides free in-person and Zoom presentations to educate First Responders about stigma, wellness and behavioral health; recognizing its impact, and providing tools on how to reduce stigma and promote wellness within the First Responder community. Our team is working to promote prevention and support to First Responders – creating custom presentations to meet the needs of one's department. Contact us today to request an in-person or Zoom presentation.



[Request More Information](#)



This program is funded by the County of San Diego/HHSA

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[Check out our website](#) →